



# 2024-25 ESC - All-Conference Honors

## Boys Cross Country

**Coach of the Year:** Andy Gist, Cedar Park Christian

**Sportsmanship Award:** Cedar Park Christian

### MVP

School	First Name	Last Name	Grade	Time
Eastside Prep	William	Reeves	12	15:43:4

### All Conference

School	First Name	Last Name	Grade	Time
Bush	Duncan	Frisbie-Smith	12	16:11:3
Cedar Park Christian	Josiah	Capusan	10	16:17:9
South Whidbey	Asher	Stadler	10	16:19:4
Cedar Park Christian	Isaac	Montanes	12	16:19:5
Bush	Lincoln	Neiswender	12	16:20:3
Bush	Benjamin	Hester	12	16:21:5
Cedar Park Christian	Gavin	Brown	11	16:22:6
Cedar Park Christian	Oliver	Zimmerman	9	16:22:7
Cedar Park Christian	Andy	Bustamante	12	16:24:1
Bush	Kai	Aizawa	11	16:24:5
Cedar Park Christian	Sam	Knight	12	16:35:0
Bush	Barack	Abdallah	12	16:39:7
Bear Creek	Findlay	Hartshorn	11	16:54:0
King's	Evan	Blair	10	16:58:2
Bush	Alexander	Hajduk	12	16:58:5
King's	Staser	Simpson	12	17:02:9
South Whidbey	Emiliano	Acosta	10	17:04:5
Cedar Park Christian	Christian	Chi	12	17:06:0